



2016 Swim Lesson Descriptions & Times

American Red Cross Swimming & Water Safety “Learn to Swim” Class Information



IRVING H. MABEE TOWN POOL SWIM SESSIONS FOR 2016 SEASON

SESSION 1:	Monday—Friday, JUNE 27 – JULY 8	SESSION 3:	Monday—Friday, JULY 25 – AUGUST 5
SESSION 2:	Monday—Friday, JULY 11 – 22	SESSION 4:	Monday—Friday, AUGUST 8 – 19

ALL PARTICIPANTS MUST HAVE A SWIM TAG!

ONLINE SWIM LESSON REGISTRATION WILL BEGIN ON MONDAY, APRIL 25TH AND WILL BE ACCEPTED THROUGHOUT THE SUMMER. MAIL-IN SWIM LESSON REGISTRATION WILL BE ACCEPTED FROM MONDAY, APRIL 25TH-FRIDAY, JUNE 3rd ONLY!

IN-PERSON SWIM LESSON REGISTRATION AT THE TENNIS BOOTH WILL NO LONGER BE OFFERED.

Participants can register for an UNLIMITED number of sessions before the start of the summer. If a child is registered for an unsuitable level (i.e. has not passed the previous level), he or she will be transferred into the appropriate level class if space is available. **A \$10.00 transfer fee will be charged and must be paid before the child is able to participate.** Swim lesson registration will close **at 7:00pm on the Friday before each session starts. No additional registrations will be accepted after this time.**

Parent & Child Level 1 For children 1 and 2 years old. Designed to orient children to the water and teach elementary swimming skills, this class also teaches parents the proper techniques in instructing their child. **ONE PARENT PER CHILD. Parent must have a swim tag. A swim tag is not required for the infant. Maximum 10.**.....\$40.00
Lesson Times: 10:15—10:45 a.m. / 4:45—5:15 p.m. (Wading Pool)

Parent & Child Level 2 For children 3 to 5 years old. Designed to orient children to the water and teach elementary swimming skills, this class prepares children for a more structured swim lesson and teaches parents the proper techniques in instructing their child. **ONE PARENT PER CHILD. Both parent and child must have a swim tag. Maximum 10.**.....\$40.00
Lesson Times: 11:25—11:55 a.m. / 5:20—5:50 p.m. (Wading Pool)

Preschool Aquatics For children 3 to 5 years of age. This is not a parent/child swim class. Child must be ready to leave parent. Child must be able to submerge face and be comfortable in the water to register for this class. **Maximum 10.**.....\$40.00
Lesson Times: 10:50—11:20 a.m. / 4:45—5:15 p.m. (Wading Pool)

Level 1 - Introduction to Water Skills For children at least 5 years old. *Helps student feel comfortable and safe in the water.* Basic water safety rules ~ Swimming on front and back using arm and leg actions ~ Using a life jacket ~ Recognizing a swimmer in distress and getting help ~ Submerging mouth, nose and eyes ~ Exhaling under water ~ Opening eyes underwater and picking up submerged object ~ Floating on front and back. **Maximum 10.**.....\$40.00
Lesson Times: 9:00—9:30 a.m. (Session 1 ONLY) / 10:15—10:45 a.m. / 10:50—11:20 a.m. / 5:20—5:50 p.m. / 6:30—7:00 p.m.

Level 2 – Fundamental Aquatic Skills For children who have passed Level 1. *Gives student success with the fundamental skills.* Moving in the water while wearing a life jacket ~ Recognizing a swimmer in distress and getting help ~ Submerging entire head ~ Bobbing in the water ~ Front and back glide ~ Jellyfish float ~ Treading water using arm and leg motions ~ Swimming using combined stroke on front and back. **Maximum 10.**.....\$40.00
Lesson Times: 9:40—10:10 a.m. / 10:15—10:45 a.m. / 11:25—11:55 a.m. / 4:45—5:15 p.m. / 5:40—6:10 p.m. / 6:30—7:00 p.m.

Level 3 – Stroke Development For children who have passed Level 2. *Builds on the skills in Level 2 by providing additional guided practice.* Reaching assist ~ Kneeling or standing dive (shallow dive progression) ~ Submerging and retrieving an object ~ Rotary breathing in horizontal position ~ Flut-ter, scissor, dolphin, and breaststroke kicks ~ Survival float, back float ~ Front crawl and elementary backstroke. **Maximum 10.** \$40.00
Lesson Times: 9:00—9:30 a.m. / 9:40—10:10 a.m. / 10:15—10:45 a.m. / 10:50—11:20 a.m. / 4:30—5:00 p.m. / 5:20—5:50 p.m. / 6:15—6:45 p.m.

Level 4 – Stroke Improvement For children who have passed Level 3. *Develops confidence in the skills learned and improves other aquatic skills.* Safe diving rules ~ Throwing assist ~ Dive from a stride position or shallow dive ~ Feet-first surface dive ~ Survival float, back float ~ Front and back crawl ~ Elementary backstroke, breaststroke, sidestroke, and butterfly. **Maximum 10.**.....\$40.00
Lesson Times: 9:00—9:30 a.m. / 9:40—10:10 a.m. / 11:25—11:55 a.m. / 5:05—5:35 p.m. / 5:55—6:25 p.m.

Level 5 – Stroke Refinement For children who have passed Level 4. *Provides further coordination and refinement of strokes.* Performing rescue breathing ~ Standing dive (diving progression) ~ Tuck surface dive and pike surface dive ~ Open turns on front and back ~ Front flip turn and back-stroke flip turn ~ Front and back crawl ~ Elementary backstroke, butterfly, breaststroke, sidestroke. **Maximum 12.**.....\$40.00
Lesson Times: 9:40—10:10 a.m. / 11:25—11:55 a.m. / 5:55—6:25 p.m.

Level 6 – Swimming and Skill Proficiency For children who have passed Level 5. Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options. Each of these options focuses on preparing students to partici-pate on swim teams and in more advanced courses, such as Water Safety Instructor and Lifeguard Training. These options include:

- **Level 6 Personal Water Safety** – Introduction to water safety. Participants will learn to perform self-rescue techniques while clothed, swimming while clothed, basic safety rules for open water and boating, and increase endurance using various strokes. **Maximum 12.**.....\$40.00
Lesson Times: 9:00—9:30 a.m. / 10:50—11:20 a.m. – Sessions 1 and 4; 5:55—6:25 p.m. – Session 3 only.
- **Level 6 Fitness Swimmer** – Introduction to fitness swimming. Participants will learn to use a pull buoy while swimming, demonstrate etiquette in fitness swimming, principles of setting up a fitness program, principles of water exercise, and to increase endurance using various strokes. **Maximum 12.**.....\$40.00
Lesson Times: 9:00—9:30 a.m. / 10:50—11:20 a.m. – Session 2 only; 5:55—6:25 p.m. – Sessions 1 and 4.
- **Level 6 Fundamentals of Diving** – Introduction to the fundamentals of diving. Participants will learn basic stretching exercises for diving, for-ward dive fall-in from diving board, approach and hurdle, forward dive (tuck and pike position), and forward jump (tuck position). **Maximum 12.**.....\$40.00
Lesson Times: 9:00—9:30 a.m. / 10:50—11:20 a.m. – Session 3 only; 5:55—6:25 p.m. – Session 2 only.

AMERICAN RED CROSS “SPECIALTY AND ADVANCED SWIM PROGRAMS”

2016 DESCRIPTIONS

Adaptive Aquatics For individuals with special needs. This program is designed for small group instruction at all levels. If a one-on-one is required, parents should be prepared to participate in the class with their child. Swim tag required.

Maximum 6.\$40.00

Class schedule: **Tuesday & Thursday 6:30 – 7:00 p.m.**

Session 1: June 28 – July 7

Session 3: July 26 – August 4

Session 2: July 12 – July 21

Session 4: August 9 – August 18

Adult Instruction Small group instruction for adults. This course is offered for beginners and for those who wish to improve their swimming skills. Swim tag required. **Maximum 6.**\$45.00

Class schedule: **Monday & Wednesday 6:30 – 7:00 p.m.**

Session 1: June 27 – July 20

Session 2: July 25 – August 17

Adult Aqua-Aerobics These 45-minute classes, which run Monday through Thursday, use the resistance and refreshment of water to help increase your body's circulation, respiration, and muscular and cardiovascular strength. Every level is welcome. **No charge, but a swim tag is required.**

Class schedule: **Monday – Thursday, June 27 – August 18 12:00 – 12:45 p.m.**

Junior Lifeguarding This program (formerly called GuardStart) is designed to give swimmers age 12 to 14 a jump-start into a lifeguarding job. Junior Lifeguarding provides a foundation of lifeguarding and life skills. For those with swimming skills who have passed Red Cross Level 5, the program is an ideal transition between Red Cross Learn-to-Swim and the Lifeguard Training Course. Junior Lifeguarding focuses on five key areas: Prevention of aquatic accidents, fitness and swimming skills, response in an emergency, leadership skills, and professionalism of a lifeguard. **Maximum 8.**.....

Class schedule: **Monday – Thursday, 6:00 – 7:00 p.m.** \$75.00 (with a swim tag) or \$85.00 (without a swim tag)

Session 2: July 11 – July 21

Session 4: August 8 – August 18

Water Safety Instructor Aide Program for those 13 years of age or older who have passed Level 5 or above (required for employment as a Water Safety Instructor Aide at the Town Pool).

Maximum 8.\$75.00 (with a swim tag) or \$85.00 (without a swim tag)

Class Schedule: **Monday – Thursday, 5:00 – 7:00 p.m.**

Session 3: July 25 – August 4

Lifeguard Training Teaches swimming and lifesaving skills. Student must be at least 15 years old and be a strong swimmer. **PRETEST IS REQUIRED (given at any public swim time upon request).** Pretest consists of: swim 500 yards (20 laps) continuously using front crawl, side stroke, on back using inverted breast or scissors kick and breaststroke; dive in good form from surface to a minimum of 9 feet and bring a #10 diving brick to the surface, surface dive to a minimum of 5' and swim underwater 15 yards. Participants must also pass the Community First Aid & Safety and Adult CPR/FPR components of this course prior to issuance of LT Certificate.

Maximum 8.\$225.00 (with a swim tag) or \$250.00 (without a swim tag)

Class Schedule: August 8 – August 19 (anticipated dates and times listed below)

Monday, August 8: 5:00-7:00 p.m.; Tuesday–Friday, August 9–12: 4:00–7:30 p.m.;

Saturday, August 13: 9:00 a.m.—12:00 noon and 1:00–4:00 p.m.; Monday–Friday, August 15–19: 4:00–7:00 p.m.

SWIM TEAM – Weekday workouts for those who have passed Level 3 or above and are interested in competition. Weekly meets will be conducted, usually between 3:00 – 6:00 p.m. **Registrations will be accepted by online registration, by mail until June 4th. SPACE IS LIMITED ~ REGISTER EARLY! A swim tag is required.**

Swim Team Schedule: Ages 10 and under

Ages 11 and up

Entire Summer:

Two week session:

Monday – Thursday 4:30 – 5:15 p.m.

Monday – Thursday 5:15 – 6:00 p.m.

June 27 – August 18, 2016 Fee: \$160.00

Fee: \$ 50.00

Session 1: June 27 – July 7

Session 2: July 11 – July 21

Session 3: July 25 – August 4

Session 4: August 8 – August 18